

ANNIVERSARY SALE!

Sobeys

Ready to serve.

Visit us at www.sobeys.ca

Join us this week as we celebrate with these exclusive food offerings: Artisan breads, Compliments Gourmet cut fruits, vegetables and salads, Compliments heat & serve pizza and oven roasted chicken. Look inside for Low Prices on your favourite National Brands.

1 lb. Tray Strawberries
Product of USA, No.1 Grade **1.97** ea.

Boneless Inside Blade Pot Roast
or Value Pack Boneless Inside Blade Simmering Steak, Cut From the Top 12% of Canadian Beef, AAA Grade or Higher, 5.49 kg **2.49** lb.

Sterling Silver Premium Meats
are Guaranteed to be Great. With Sterling Silver Premium Meats you can count on the fact that every cut will be tender, juicy and flavourful or your money back... Guaranteed.

HEINZ Original BEANS in tomato sauce

HEINZ DORA the Explorer BEANS in tomato sauce

Heinz Pasta or Beans 398 mL **2/1.00** or \$0.79 ea.

Fresh Atlantic Salmon Fillets 1.76 / 100 g **7.99** lb.

Indulge your senses
JAZZ diet PEPSI Strawberries & Cream

NEW

COCA-COLA CLASSIC 12 x 355 mL

FRIDGE MATE

Coca-Cola or Pepsi Soft Drinks 12 x 355 mL **3/10.00**

PEPSI ACCESS 12 x 355 mL

LOOK INSIDE CARTON FOR YOUR PIN AND ENTER IT AT www.pepsiaccess.ca

LOOK FOR THE TANNER HOCKEY BBQ ON SATURDAY SEPTEMBER 30TH, 2006 AT ACTON SOBEYS

As always, we welcome your comments and suggestions. It is our continued goal to provide you with the best customer service possible.



Remember At Acton's Sobeys, We Are Always "READY TO SERVE"

We've got it or you get it **FREE*** guaranteed.

No one else does this for you. Only Sobeys does. *see store for details

Sobeys
Ready to serve.

Acton Market Place Plaza 372 Queen St. E. 853-1960

ANNIVERSARY SALE!

Compliments
try it tonight...
Traditional Beef Burgers
Burgers de boeuf Traditionnels
... le choix du jour

12 x 4 oz (6 kg)

Save \$3

Compliments Traditional Beef Burgers
Frozen, 1.36 kg **4.99**

Save Up To \$5

Ducks
Canada Grade 'A', Frozen, 2 kg **7.99** ea.

You Can Do This...
How to Prepare Duck

- Preheat oven to 450 degrees
- Season on both sides with 1 tablespoon salt & pepper
- Place on rack and prick skin all over with fork.
- Roast for 45 min.
- Reduce oven to 325 degrees and bake for about 1 hr, or until the juices run clear
- Use a meat thermometer inserted in the centre. Should read 165 degrees F.
- Serve the duck topped with your favourite sauce.

10 lb. Bag New White, Red or Yukon Gold Potatoes
Product of Ontario, Canada No.1 **2.49** ea.

The Acton Cancer Society is joining Rockwood and Erin for a "RELAY FOR LIFE" held at Rockmosa Park on September 22/23 from 7pm to 7 am. Why not get a team together and help fight cancer. Call 519-824-4261 for more information.

Back by popular demand...
The Acton Seniors 2nd Annual **Rock-A-Thon**
September 29th & 30th, 2006
Look for the pledge table in our Foyer



FLYER DATE: SATURDAY, SEPTEMBER 16 TO FRIDAY SEPTMEBER 22, 2006



Open 24 hours
except Holidays